

PLAY, TO BEAT FATHER TIME

New York Physician's Advice to Those Who May Be Conscious of the Passing Years.

Don't grow old—or rather, though you grow old as far as years are concerned, do not get old otherwise. It is easy to stay young, according to Dr. Louis R. Weltz, physical director of West Side Y. M. C. A. He avers that most people grow old because they cease doing young things; not because they need new glands.

"A man is young," said the doctor, "because he plays; he doesn't play because he is young. He is the product of his own actions. The old man who sits down after dinner, growls because the children make a noise, has already 'passed on.' He ought to be Ostrized. All he is worth to the family is the pay check he brings home."

"But look at mother, who plays games with the children, sympathizes with them in their troubles and has a part in all they do. She remains flexible; she hasn't had time to grow old."

"It is dangerous for some men to retire from business. You know the kind who work at high tension for long years, doing nothing but strive for money. They get it and then announce their retirement; a little later you read a nice obituary saying what a success they had made. They hadn't."

"To keep young one must do young things. Don't be too dignified to play baseball, old cat, leapfrog or other lively things which keep the muscles in trim. Have young associates and be a boy with them. Spend time each day studying to be young. Fish, hunt, golf, if you like it, and don't cry quits the first time a muscle twinges; get into the game harder and go to the gym to work out the ache, or play with the kids until you forget it."

"Take youth with you as you go toward the old age. You can lead Father Time a merry race by thinking young, playing young and keeping physically fit."—New York Sun.

Food Plentiful in the Woods.
It is said Daniel Boone could take his rifle and a bag of salt and live in comfort on what the woods provided. Several men on wages have gone into the forest virtually naked and worked out a living and suitable clothing equipment.

According to foresters of the New York State College of Forestry at Syracuse, it is still possible to find in the forests of the state, even without the use of the gun which is so carefully protected, sufficient food to make life not only possible but pleasant, says the New York Evening Sun.

This forest food supply is divided into several groups such as fruits, nuts, herbs, roots and vegetables. And this makes no allowance for the types of edible mushrooms, for a special knowledge of varieties is necessary if one is not to be poisoned by the deadly toadstool.

ENTERTAINS AT DINNER DR. AND MRS. C. C. PORTER

A very elaborate entertainment was given last week at the Royal Cafe by Mr. W. E. Lawrence, who as host entertained in honor of Dr. and Mrs. C. C. Porter. Mrs. Porter is formerly of Nashville, Tenn.

The luncheon consisted of four courses and the following guests were present:

Mrs. P. W. Pittman, Mrs. Elijah Cooper, Mrs. C. F. Starks, Mrs. Chas. T. Brackins, Mrs. C. R. Proctor, Mrs. C. Morgan, Mrs. M. L. Noel, Nashville, Tenn., Little Miss Pittman, Mrs. O. Roy Bush, Mrs. Jennie Noel Porter, Miss Bennette B. Giles, Denison, Texas; Mrs. Ida B. Runkella and Mrs. Julia B. Sunday.

E. E. Ward, M. D., O. Roy Bush, M. D.; W. Sidney Pittman, C. F. Starks, C. R. Proctor, C. L. Morgan, M. D., Chas. T. Brackins, Russell H. Trotter, M. D., G. W. White, D. S., C. C. Porter, M. D., J. P. Starks, C. R. Proctor and Elijah Cooper.

The affair was a brilliant one and was served by Mrs. McGardner.

Mrs. Robert R. Thomas, a member of the faculty of Washburn city school is at home for vacation. Miss Lela Rambo of Austin is in the city visiting her aunt, Mr. J. R. Jordan, 2803 Flora street.

Miss Doris M. Boswell, after closing a successful school term at Boley, Okla., has returned for the summer. While en route home she spent a few days in Oklahoma City and Ft. Worth. She reports a delightful trip.

Captain Murray left Saturday, June 5, for Chicago to spend his vacation.

DISLIKE PRESENT "JIM CROW" LAWS

(Associated Negro Press.)
Memphis, Tenn., June 6.—The white people of the city are complaining that the colored people are taking undue advantage of them on the street cars. It appears that the colored patrons of the cars crowd in the seats and appropriate most of the seats which become "colored" soon as they are occupied by them. This action has caused the whites much annoyance because they are not allowed, by law, to occupy a seat along side a Negro.

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SATURDAY, JUNE 12TH SPECIAL WESTERN ATTRACTION—FEATURING BOY STEWART

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SUNDAY, JUNE 13TH FRANCIS FORD featured in his latest serial MYSTERY 13

Also a two reel western featuring TEXAS GUNIAN or Emmett Dalton—and LITTLE SAMBO and SNUB. We open promptly Sunday at 1 p. m.



MONDAY AND TUESDAY, JUNE 14TH AND 15TH SPECIAL ATTRACTION EXTRAORDINARY

MARY PICKFORD featured in her greatest of all production
'HEART O' THE HILLS'

The only western she ever made—a 7-reel super-production—this picture was shown in the down town theatres at 50 cents and a dollar admission. Critics proclaim this the greatest attraction of this kind ever made—Monday and Tuesday, June 14th and 15th. Matinee daily 2 p. m. Admission Adults, 30c; Children, 25c.

WEDNESDAY, JUNE 15TH

ELMO LINCOLN featured in his latest serial
ELMO THE FEARLESS

also a two-reel western and a good comedy—ELMO every Wednesday matinee 2 p. m.



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MONDAY AND TUESDAY,
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D. W. Griffith's Latest Production

A story of the olden west—a
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ROY STEWART IN SCENE FROM TRIANGLE PLAY "CACTUS CRANDALL"

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She Knew It.

When a young man in my late teens I picked up a little telegraph from a friend of mine. One evening we attended a club dance and after having danced with a particularly poor dancer, I drummed on the arm of my chair for my friend's benefit, "poor dancer, stepped all over me." To my utter surprise and humiliation the girl sitting next to me turned and said quietly, "You needn't advertise the fact."—Chicago Tribune.

Reducing the Surplus.

"Equal suffrage is a serious matter in England where the number of women entitled to vote far exceeds that of the men."
"Oh, they have removed that danger."
"How so?"
"No woman can vote who will not acknowledge that she is not under thirty."—

Bird Study of Interest.

A novel opportunity for studying the influence of extremes of climate on birds is offered by the English sparrow. This bird was introduced into New York city soon after 1893, did not reach California until 1871 or 1872, but has recently been found by Dr. Joseph Grinnell of the University of California to have settled in the heart of Death valley at Greenland, Utah. This location is 178 feet below sea level, with a temperature at times exceeding 130 degrees F, and great dryness. How development will be affected is a matter of much interest.

Navy Dirigibles World's Largest.
Two superdirigibles, the largest in the world, are planned by the navy, and one of them now being built in England, will attempt a transatlantic flight next fall, Captain Craven, director of naval aviation, recently told the house naval committee. American naval officers and enlisted men who will fly the British-built ship to America are in England training. In asking \$2,000,000 for construction of a second superdirigible, Captain Craven said it would be 50 feet longer than the British-built craft, which is 844 feet.—Scientific American.

An Author's Depository.

Last year the Suro branch of the California State library, located in San Francisco, offered to receive for safe keeping the manuscripts of unfinished books. The idea has worked out so well that a substantial collection of manuscripts has been established, the collection being described as the Author's depository. One hundred authors have taken advantage of the offer and have sent their manuscripts, either printed or unprinted, finished or unfinished, to the depository, and letters from authors indicate that the depository is much appreciated by writers as a means of preserving valuable matter that might otherwise become lost. A permanent author's depository is also maintained in the California department of the state library, which is located at Sacramento.

Names "Wickedest Place."

"Port Said still is the wickedest place on earth," said Brig. Gen. J. H. Bateson, principal of Wesleyan chapel, in an address to soldiers at Cardiff, Wales.
"I know Calcutta, Bombay and Madras better than I know London," he continued. "I have had to live in the East for a quarter of a century, and I know what Cairo and Ismailia are; but I have seen more sin and appearances of sin in one hour in Port Said than in all the rest of my experiences."

His Size.

John's expenditures at college had grown to be of such dimensions that father demanded they be decreased. To help out in this he required an itemized account of all his demands for money. So when John wished a dog as several of the other elite collegians had, he had to send in this request: "For one bulldog with a pedigree, \$50."

The answer came in due time. And besides the small check in the envelope was this note: "I am sending you \$5. If you have to have something with a pedigree, buy a canary bird. It's about your size."

Object Lessons in Fuel Saving.

The moving pictures are to be made use of as a means of educating people in the manner of making the most efficient use of fuel. Several 50-minute films have been made, showing good and bad operation in steam boiler plants; methods of testing boilers, and the like. These pictures will be available to each state in connection with its educational propaganda to conserve the fuel supply. A series of official bulletins on engineering phases of steam and fuel economics also is being prepared. They will include boiler and furnace testing, fuel analysis, saving steam in heating systems, boiler-room accounting system, saving steam and fuel in industrial plants, burning fine sizes of anthracite, boiler water treatment, oil burning and stoker operation.

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